

Keto Shopping List

Meat (grass-fed and free range if possible) Watch for added sugars in marinades & sauces!	Poultry (pasture raised if possible.) Watch for added sugars in marinades & sauces!	Fish (wild-caught if possible) Watch for added sugars in marinades & sauces!
<p>High fat content ground meat</p> <p>Organ meats</p> <p>Steaks</p> <p>Fatty cuts of meat</p> <p>Sausages with no added sugar or starches etc.</p> <p>Beef</p> <p>Pork</p> <p>Veal</p> <p>Goat</p> <p>Lamb</p> <p>Mutton</p> <p>Bacon (uncured is best)</p>	<p>Any chicken (skin on is best)</p> <p>Any duck (skin on in best)</p> <p>Any turkey (skin on is best)</p> <p>Any goose (skin on is best)</p> <p>Any quail (skin on)</p> <p>Game birds</p> <p>Ostrich</p> <p>Free-range/pasture raised eggs from any poultry</p>	<p>Any fish (oily fish preferred)</p> <p>Any shellfish</p> <p>Any natural seafood (no crab sticks)</p>

Dairy (always full-fat and without additives/flavours)	Fats	Vegetables
Salted/unsalted butter (grass-fed if possible)	Olive oil	All lettuces
	Coconut oil	Salad leaves
Ghee	Avocado oil	Cabbages
	Lard	Broccoli
Whipping cream	Beef Tallow	Cauliflower
	Goose/duck/chicken fat	Radishes
Full-fat sour cream	Butter	Celery
Full-fat, natural cheeses (cheddar, brie, etc.)	Ghee	Kale
	Bacon fat	Brussels sprouts
Full-fat cream cheese	Walnut oil	French Beans
	Macadamia oil	Asparagus
Almond milk (unsweetened and no additives)	Sesame oil	Rhubarb
	Flax seed oil	Green onions
Coconut milk (full-fat and unsweetened, no additives)	Hemp oil	Bell peppers
Coconut cream		Mushrooms
		Zucchini
Hemp milk (unsweetened)		Swiss chard
		Spinach
		Bok choy
		Olives (no marinade)
		Kohlrabi
		Eggplant
		Jalapenos
		Fennel

Fruits & Vegetables	Condiments & Spices	Nuts and Seeds
Avocado	Black Pepper	Almonds
Cucumber	Chilli powder	Macadamias
Tomatoes (small quantities)	Cumin seeds	Pecans
Lemon	Coriander seeds	Walnuts
Lime	Ginger (very small amounts)	Brazil Nuts
Coconut flesh	Garlic (very small amounts)	Hazel Nuts
	Salt	Pine Nuts
	Leafy herbs (mint, sage, chives etc)	Pumpkin seeds
	Turmeric (small quantities)	Sesame seeds
	Cinnamon	Sunflower seeds
	Fennel seeds	Flax seeds (whole and ground)
		Chia seeds
		Poppy seeds
		Hemp seeds/hearts
		Nut and seed butters made from approved nuts and seeds with no added sugar or sweeteners.